



New Mexico TF Men's Long Sprints

Mesocycle 3 – Week 3 (Nov 1-7, 2021)

- 1. Monday, November 1: Neural**
 - a. Warm Up 1
 - b. Multijumps
 - a. Standing Long Jump Test
 - c. Multithrows
 - a. Overhead Back Test
 - d. Weightlifting (Neural)
 - a. Power Clean (Test)

- 2. Tuesday, November 2: Off**
 - a. **NCAA Required Day Off**

- 3. Wednesday, November 3: Extensive**
 - a. Warm Up 2
 - b. Intensive Tempo (Track)
 - a. 250m (31) – 200m (25) — 200m (24) (6 mins)
 - c. Coordination
 - a. 2 x 20 Hip Lock Wall Slide
 - b. 2 x 20 Standing Hip Lock with Waterbag
 - c. 3 x 6/6 Hurdle Spindle (add Plate or WB)
 - d. 3 x 6/6 Canoe Snatch (Variations, Plate, WB)
 - e. 3 x 6 Hip Hinge (Plate)
 - d. Weightlifting (General)
 - a. Bodybuilding Circuits
 - b. Mobility Work
 - c. Endocrine Fitness

- 4. Thursday, November 4: General**
 - a. Pool Workout

5. Friday, November 5: Neural

- a. *Warm Up 1*
- b. *Technical Execution*
 - a. Wickets Variations
 - b. Blocks to 20m
- c. *Race Modeling Speed Endurance*
 - a. 1 x 210m
- d. *Weightlifting (Neural)*
 - a. Hang Clean (Test)
 - b. Squats (Test)

6. Saturday, November 6: General

- a. *Warm Up 2*
- b. *General Strength (Scramble Circuit)*
 - i. Squats x 20
 - ii. Push Ups x 20
 - iii. V-Ups x 20
 - iv. Back Hypers x 30
 - v. Toe Taps x 100
 - vi. Glute Bridge x 30
 - vii. Alternating Backwards Lunges x 30 total
 - viii. Bicycle Crunches x 60
 - ix. Alternating Back Hypers x 30 total
 - x. Alternating Side Lunges x 20 total
 - xi. Side Dips x 20/20
 - xii. Single Leg Glute Bridge x 20/20
- c. *Cool Down*



